

# KARZAI GETS MILITIA LEADER'S SUPPORT, PG5

Local

pg 3

Carroll pens second song about United Airlines



The world's largest global newspaper

# metro

Sports

pg 10



Herd searching for old time hockey

## RCMP target illegally parked beach-goers

**TICKETS** The Mounties are following through on their promise to fine people for breaking laws on local beaches.

Halifax RCMP said officers slapped tickets on 319 windshields and towed three vehicles in No Parking zones at four different beaches over the weekend. Fifty-eight of those tickets were doled out at Queensland Beach, 38 at Lawrencetown Beach, 29 at Conrads Beach and a whopping 194 at Rainbow Haven.

"We don't like doing that," police spokesman Cpl. Joe Taplin said yesterday, but explained it's necessary to enforce the rules so that emergency vehicles can get through if someone's in trouble.

Police officers also arrested two male drivers for impaired operation of a motor vehicle Sunday near Rainbow Haven and responded to several complaints of alcohol being consumed on beaches. Drinking on provincial beaches could carry a fine as high as \$452, according to the RCMP.

Police sent out a warning about the importance of beach-goers abiding by the law just last week.

KRISTEN LIPSCOMBE/  
METRO HALIFAX

## Entertainment pg 20



## Kid-friendly Shorts a wish come true

## Business pg 7

Loonie dips to lowest rate in a month

TUESDAY, AUGUST 18, 2009

metr

## 2010 Olympics New duds for Team Canada unveiled



Vanoc CEO John Furlong stands in front of the newly unveiled Team Canada hockey jersey in Vancouver yesterday. The jerseys that will be worn by Team Canada during the 2010 Olympic and Paralympic Games feature a red Maple Leaf in the centre, inside of which are several Canadian symbols — including First Nation imagery, iconic animals like a moose and beaver and a hockey player.

KRISTEN LIPSCOMBE/METRO CANADA

## Billions in debt on the way: Audit

**POLITICAL** PAUL MCLEOD  
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**BUDGET** The NDP government is facing many tough choices as new data shows the province heading into billions of dollars of debt.

Not trusting the Progressive Conservative budget, the NDP commissioned independent firm Deloitte to do an audit of the province's books. That report, titled Province of Nova Scotia Financial Review, was released publicly yesterday and the numbers are much worse than earlier projections.

The report predicts a provincial deficit of \$50 million this year, which is small compared to a projected \$1.3 billion deficit in 2012-13.

These figures also include re-borrowing offshore money the province received in 2003. It's a move that is allowed by accounting rules but illegal by provincial law.

When the Tories tried to use the money in their budget last spring they were defeated, sparking an election. All told the government will need to borrow about \$200 million this year to pay its bills.

Finance Minister Graham Steele was quick to say the NDP would not follow down the "unsustainable path" set by the Tories.

Steele said the government is trying to find a way to stay in the black but didn't say what measures were being considered.

"The path that we were on, that the previous government put us on, is not sustainable. Change is necessary," he said.

Nova Scotia's main problem is expenses that project to rise steadily while revenue stalls or in some years even drops, according to the report.

MORE COVERAGE, PAGE 2

# Witness blasts cops over rescue efforts

Harbour drowning causes man to question HRP's actions

KRISTEN LIPSCOMBE  
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**The actions — or inactions — of Halifax Regional Police are being questioned by a Dartmouth resident who says he was sitting on a dock and watching in shock as rescue efforts were made for the man who fell to his death in the harbour Saturday evening.**

Daniel Towsey called the police response "absolutely atrocious" during an interview with Metro yesterday.

Towsey said he saw one officer talking with two frantic women.

"He's sitting there acting like he doesn't believe what these women are telling them," he said. "The

## Victim's name not released

• Halifax Regional Police have said they're not releasing the name of the 52-year-old man who died Saturday in Halifax

women kept repeating it ... trying to get this man to listen that there's two people in the water under the ferry terminal."

When another woman who jumped in the water finally pulled the man's body out of "that murky, dark water," Towsey claims police were still slow to respond. "I'm thinking: 'Doesn't he have training in CPR? He's not doing anything!'

Police spokesman Const. Brian Palmeter said officers aren't trained in water res-

Harbour, but a source told Metro the victim was Dan MacDonald, a man with ties to Cape Breton.

cue, but do know standard first aid and CPR and will do what they can to assist other emergency personnel. He said there was an officer on scene within three minutes after the call came in at about 8:30 p.m., adding two officers "put themselves at risk by jumping in the water" once they were able to spot the man in the water.

"Their intention there was to help," Palmeter said. "I think our officers did everything that they were

expected to and more."

Towsey said he never saw an officer in the water and that "crowd control was non-existent" on the bustling waterfront in the midst of the Halifax International Buskers Festival.

One woman, who didn't want her name used, told Metro the 52-year-old man was in the water "for a good 15 minutes" before getting pulled out. She said she was about 10 feet away from the man, who was standing on a ledge when he fell "where the ferry docks."

Palmeter said police are calling the man's death "an accidental drowning," adding the investigation is closed.

WITH FILES FROM PHILIP CROUCHER

Bill Gillis, a former longtime Liberal MLA, died Saturday at St. Martha's Regional Hospital in Antigonish after losing his fight with brain cancer. He was 72. Gillis spent almost three decades as an MLA for Antigonish, first being elected in 1970 and retiring from politics in 1998. METRO HALIFAX

# Local



## Air show lines up high flyers

The lineup for this year's Nova Scotia International Air Show on Sept. 12 and 13 at Yarmouth Airport was announced yesterday. Highlights of the event include a Centennial of Flight Celebration and representation from the Canadian Forces. Demonstrations from Canadian aircraft include the Snowbirds, the CF-18 Hornet and the Army's SkyHawks parachute team. Advance tickets are on sale for the event, and run \$15 per person or \$45 for a family of five. More info at nsairshow.ca.

METRO HALIFAX



### Two men sought in attempted home robbery

**INVESTIGATION** Halifax Police are looking for two would-be robbers who broke into a north-end Halifax home late Sunday night.

The male suspects had a gun on them when they entered the Acadia Street residence at about 11:30 p.m., but dropped their weapon during a scuffle with the people inside, police said. They took off without getting any goods.

The officers who responded to the break and enter in progress couldn't track down the failed robbers, but did seize their gun from the scene, a police report says. Witnesses described one suspect to police as six feet tall with a thin build and the other suspect as five feet, seven inches tall with a heavy build. Both were dressed in black and wearing masks when the robbery occurred.

METRO HALIFAX

### CNIB to move to new location in November

**WESTWOOD** The Halifax office of the Canadian National Institute for the Blind announced yesterday it has sold its building on Almon Street and will be moving to a temporary location at Westwood Developments in November.

The new Halifax office will be on the main floor of The Westwood at Gladstone Ridge, which is located at 2717 Gladstone St. and around the corner from the Almon Street building.

"With this move, we'll be in a better position to meet our clients' needs by cutting costs and investing that savings into programs and services," said Duncan Williams, CNIB's executive director for the Maritime provinces, in a release.

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## Budget can be balanced, despite report's finds: NDP

Opposition asks 'How?' as economic update predicts deficit

PAUL MCLEOD  
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**The NDP plans to balance next year's budget without raising taxes or making cuts.**

But yesterday's economic update by Deloitte seems to show that's impossible. Finance Minister Graham Steele said the government hopes to stay out of debt but wouldn't say what actions would be taken.

"We always knew it was going to be tough and as a result of this report we now know it's going to be even tougher," Steele told reporters. "But nothing that I've seen as the minister of finance leads me to say that it is going to be impossible to balance the budget next year."

But Steele wouldn't reveal any specifics of the NDP budget, set to be released a week after the legislature resumes on Thursday, Sept. 17. That had Liberal Leader Stephen McNeil demanding answers.

McNeil said Premier Darrell Dexter deliberately misled Nova Scotians during the election campaign in order to gain power.

"They've been out saying they're going to balance the budget next year. They're not going to increase taxes and they're going to make no cuts. How are they going to do it?" McNeil told reporters.

Meanwhile the Progressive Conservatives were on the defensive after the report brought up several questions about their ac-



Finance Minister Graham Steele talks to reporters yesterday after an external report into the province's finances was released yesterday. The report claims the province would be headed towards a deficit of \$1.3 billion if it continued on the road the previous government — the Progressive Conservatives — had been taking.

### Highlights from Deloitte report

- At the current pace the provincial deficit this year will be \$1.3 billion by 2012/2013.
- The provincial debt by that time will be over \$16 billion, up \$4.3 billion from today.
- Those numbers include re-

borrowing offshore money already put on the debt. The Tories were defeated this spring when they tried to do the same thing.

- The province must negotiate new contracts with 20,000 public service workers this fall.

and unsustainable.

The Deloitte report also painted a far worse picture than the Tories' June 4 budget, which predicted a

flat-lining of costs. This prompted Steele to say the Tories picked numbers they needed for a surplus "regardless of the fact that they were entirely and completely unrealistic."

PC Leader Karen Casey said Tory spending grew to provide Nova Scotians programs they wanted and needed. She said the Tory budget predicted future increases in revenues and those predictions were based on the best information they had at the time.

## Test drive becomes joy ride?

**ARREST** A 27-year-old was arrested Sunday morning after he allegedly stole a vehicle from a senior citizen who had agreed to take him for a test drive.

According to a Halifax

RCMP report, the 71-year-old owner of a 1996 Toyota Avalon agreed to let the young man take his Avalon for a test drive at about 10:30 a.m., as long as he could accompany him.

"They were traveling north on Highway 102 and had just crossed over the Sackville River when (the suspect) pulled over ... and told the owner to get out," the report says.

"He made gestures like he had a weapon in his pocket," police spokesman Cpl. Joe Taplin added yesterday. The senior citizen exited the vehicle, "because he was fearful for his own personal safety," and then called both his wife and the police, he said. "About 45 minutes later, we located the vehicle on Beaver Bank Road."

Police said they seized a knife from the suspect, Daniel Redmond Marsman, who was set to face charges of robbery, assault with a weapon, possession of a concealed weapon and possession of a weapon dangerous to the public in Dartmouth provincial court yesterday. KRISTEN LIPSCOMBE/ METRO HALIFAX

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What's online today.

**Your Money** Allan Small on why fears of high U.S. inflation are unfounded at metronews.ca/investing  
**Blogs** Sportsnet analyst and former England premiership goaltender Craig Forrest joins the It's Called Football show to talk premiership and MLS



## Pit bull complaints lead to angry owners: Police

**NO LEASH** An angry couple used a household tool to threaten a police officer and an animal control officer who showed up at their Prospect Road home Sunday morning to take away their allegedly dangerous dog, say police.

Halifax RCMP spokesman Cpl. Joe Taplin said "the homeowners became very irate and came out with a hammer" when the officers responded at about 11 a.m.

The first complaint made to police Sunday came from a woman who was riding

her bike when the pit bull apparently charged her, knocked her to the ground and bit her foot. Not long after that the dog also allegedly took a chunk out of the back tire of another bike, as a husband and wife rode down the street.

When the officers arrived on scene, they too saw the pit bull charge a cyclist, trying to bite both his bike tire and leg, police said. Taplin said police will

look into the dog's history but he couldn't speculate on what might happen to the animal or any potential charges against the couple.

"We're going to work with animal control services and try to determine the appropriate charges to be laid."

He also reminded residents to keep dogs on leashes or in contained areas. "They can't run loose."

**5 rescued unhurt from Bay of Fundy**

No injuries were reported Sunday after five people were plucked from the Bay of Fundy by a Cormorant rescue helicopter. The two adults and three children entered the bay in a pair of rubber dingies at Anthony Picnic Park in Lower Selma, but were carried away by the current. **TRURO DAILY NEWS**

# YouTube guitar protest gets sequel

2nd song explores friendship between singer, airline representative

**HILARY BEAUMONT**  
for Metro Halifax



**Sons of Maxwell singer Dave Carroll, of United Breaks Guitars fame, released his followup song and video — United Breaks Guitars Song 2 — at The Carleton last night.**

Before the show, Carroll flew home to Halifax from Milwaukee — with Continental Airlines, in case you were wondering.

"It's been a long day," he told Metro of his 12-hour trip. "They have a new pol-

icy now where they charge you for every single bag you bring. I didn't expect that."

Carroll added this policy might inspire a new song. "United, you broke my Taylor Guitar," he sings in the original YouTube video United Breaks Guitars, which has resulted in almost five million hits and immediate international fame. "You broke it, you should fix it. You're liable, just admit it."

After Carroll flew with United Airlines in 2008, he arrived on the ground to

find his guitar had been smashed en route.

When he sought compensation from the airline, a representative known only as Ms. Irlweg told him "No."

In his second song in what's to be a trilogy, Carroll plays with the idea that he and Ms. Irlweg could have been friends if not for their opposing roles as guitar breaker.

kee and guitar breaker.

"She apologized, as everybody did along the way," he said. "They said, 'We're sorry this happened, but it's not my fault,' or 'You're not getting anything.'"

The new video shows Carroll and an actress playing Ms. Irlweg running a three-legged race.

"Doing all the things that best buddies would do," Carroll said.

The four-minute video was set to debut on YouTube last night.

"United sees no need to

## Song No. 3

- Dave Carroll hasn't written the third and final song to his trilogy, but said he will write it regardless of the reaction from United to the first two. As of last week, there have been 4,795,577 hits since the first video went up on YouTube July 6.

make anything right," Carroll sings in the new video. "Come on, Ms. Irlweg, we don't need to fight."

## 'Two-for-one' prison credit criticized

**JUSTICE** If a criminal is charged with a crime and they serve time in jail awaiting trial, the Canadian Association of Police Boards wants the double and triple bonus time served in remand to be erased.

That was one of the nine resolutions the board passed over the weekend as more than 200 delegates from across Canada were in Sydney for its annual conference. The nine recommendations are to be sent to the federal government.

President Greg Dionne said the association wants the government to erase the "two-for-one" and "three-for-one" credit for pre-trial time spent in jail. However, it does believe that the judge in a particular case should be able to decide on a case-by-case basis whether someone gets equal time for their initial incarceration.

"(People are) getting frustrated that they aren't getting justice," Dionne said. "They believe that a sentence should start when a sentence is given."

CAPE BRETON POST

## America's first family inspires local artist

**HILARY BEAUMONT**  
for Metro Halifax



### Hoping for visit

**ART** Hidden behind the front entrance stairs inside the Art Gallery of Nova Scotia, four larger-than-life carvings of U.S. President Barack Obama, his wife and two daughters flash glossy wooden smiles.

The AGNS revealed yesterday the sculptures Nova Scotian folk artist Bradford Naugler carved of America's first family, all done from provincial pine.

"He was the best man for the job," Naugler said of Obama. "He looked like he knew what he was doing and I didn't think the other guy did."

Naugler said he made Barack Obama first, then his wife, Michelle, and then the couple's two daughters Malia and Sasha.

"I carved President Obama. But then I thought he'd be more comfortable with his family," Naugler said after yesterday's unveiling.

The four carvings, plus the family dog, Bo, took the artist three months to complete.

When Obama won the

Art gallery director and CEO Ray Cronin introduced the small crowd in attendance to Naugler's art.

"There's a long history of people coming from the United States to both help build this country, to come here as guests, to come here as tourists, to come here to eventually become Nova Scotians," he said.



Nova Scotia folk artist Bradford Naugler stands next to his carvings of U.S. President Barack Obama and his family, sculptures that are on display at the Art Gallery of Nova Scotia until Sept. 7.

Gas leak leads to evacuation at McDonald's

**DARTMOUTH** Emergency crews rushed to Dartmouth yesterday and worked quickly to stop a potentially dangerous gas leak.

Four trucks with Halifax Regional Fire and Emergency Service responded to the McDonald's restaurant on Nantucket Road at about 10 a.m., along with Halifax Regional Police and Heritage Gas.

Fire divisional Capt. Dave Meldrum, a fire service spokesperson, said everything was under control within 40 minutes.

Firefighters evacuated the restaurant and figured out someone had hit a gas line while digging a hole near the drive-thru window, Meldrum said. "The actual levels of gas in the air were fairly low."

He said Heritage Gas workers pinched off the line, while police officers redirected traffic.

METRO HALIFAX

## Charges laid after alleged knife assault

**PORTERS LAKE** A 19-year-old man is facing several sexual assault and weapons charges after allegedly pulling a knife on another young man in the parking lot of a Porters Lake grocery store Saturday night.

Police say officers arrested him shortly after he tried to start a fight with the 20-year-old victim outside the Atlantic Superstore at about 8 p.m., according to Halifax RCMP.

The accused, Barry Brugger of Porters Lake, was expected to appear in Dartmouth provincial court yesterday on charges of assault, assault with a weapon and possession of a weapon dangerous to the public.

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NORTH AMERICA'S RAILROAD



A 27-year-old man is in critical condition after he fell more than nine metres from the second floor of a Toronto movie theatre Sunday night. According to witnesses, the man was descending on the escalator when he decided to hoist himself onto the moving handrail in order to ride it down. **TORSTAR NEWS SERVICE**

# Canada



## Letter arrives very late

A letter mailed Aug. 22, 1992 from an Islamic mosque in Toronto arrived last Thursday in the mailbox of Ghulam Sajan — less than a kilometre away. Only the first part of the postal code was scribed. The rest, it seems, took 17 years, less a few days, to figure out. The letter carried a donation receipt for aid in Bosnia. Albert Lee, communications manager for Canada Post, says letters are delivered within standard time, more than 96 per cent of the time. **TORSTAR NEWS SERVICE**

### 'Lola' to appeal alimony ruling

**COURTS** On behalf of all Quebec women, "Lola" is going to appeal.

Having lost her case in Quebec Superior Court as she attempted to win spousal support from her high-profile, billionaire common-law ex-husband, the former model is steadyng for a long fight, to the Supreme Court of Canada, if necessary.

Lola and "Eric," as they have been branded since their identities cannot be revealed to protect the three children they had together, fought last winter in court with Eric accusing Lola of trying to smear his reputation.

**TORSTAR NEWS SERVICE**

## Facebook promises changes

Site vows improvements to privacy after commissioner's report

**Facebook has given Canada's privacy commissioner formal assurances that it is tightening up control over how people's personal information is treated on the huge, social networking site.**

The promises, delivered yesterday along with a schedule for improvements, appear to be a sign that this Canadian privacy dispute with Facebook will not escalate into a Federal Court case.

Yesterday was the 30-day deadline for Facebook to respond to a strongly worded report issued last

month by Canada's privacy commissioner, Jennifer Stoddart, criticizing how people's personal information was being treated by the global giant in online friendships.

If Stoddart is not happy with Facebook's response, she has 15 days to decide whether to get the Federal Court involved.

Alexandra Brown, a Toronto spokesperson for Facebook, said a formal response was sent yesterday to the privacy commissioner's office, complete with timelines for Facebook to respond to the concerns

### Users

- An estimated 12 million Canadians use Facebook to connect with friends and colleagues. Canada, with Privacy Commissioner Jennifer Stoddart's report, became the first country to try to put some legal boundaries on the use of personal information on the site.

raised in last month's report. Over the past month, the two sides have reportedly been working well together, with privacy-commission officials paying a

visit to Facebook headquarters in Palo Alto, Calif., to negotiate a compromise.

"I know there's been lots of discussion and there will continue to be discussion over the next 15 days," Brown said.

Canada's privacy commission was sounding similarly upbeat about the status of the dispute.

Anne-Marie Hayden, a spokesperson for the commission said: "We continue to have very positive discussions with Facebook... It's going very well."

**TORSTAR NEWS SERVICE**

## Canada needs tough health czar: CMA

**MEDICINE** The Canadian Medical Association Journal says Canada needs a national health czar with the power and independence to make unpopular but necessary decisions about influenza A (H1N1), also known as swine flu.

"National leadership is needed in all countries," the journal's editor-in-chief Dr. Paul Hébert wrote in an editorial published yesterday. "A visible independent health czar, with executive powers across all jurisdictions and who is ul-

timately accountable to the highest office in the country, must be in place."

Hébert said the health czar would be in charge of co-ordinating response to the swine flu pandemic if it resurges with a vengeance this fall.

He also urged the government to make its list of priority groups who will receive the vaccine first.

Ottawa has an agreement with pharmaceutical company GlaxoSmithKline Inc. to produce H1N1 vaccine.

**TORSTAR NEWS SERVICE**

## Moscow Space training



Guy Laliberte, left, Canadian billionaire owner of Cirque du Soleil, and Barbara Barrett, his back-up crew member, prepare for exercises at the Star City space centre outside Moscow yesterday. Laliberte is on the countdown to become Canada's first space tourist.

SERGEI REBINSKY/TASS

## Tall tale may lead to charges

**POLICE** From the beginning, there was something fishy about Marcia Simmons' story, said RCMP officer Sgt. Dave Vautour, who is based in Woodstock, N.B.

The first red flag: How could someone sit in the back of a car for 17 hours without going to the bathroom?

The second: The 44-year-old teacher said she stopped for gas four times after she was hijacked in New Brunswick and ordered to drive to Toronto — why wouldn't she run for help?

By the time Simmons got to the part where she and her alleged captor arrived in Toronto — then he forced her to drive aimlessly around for three hours — investigators had serious doubts.

Yesterday, the RCMP announced Simmons had re-canted the story on Saturday. She in fact was not abducted by an armed man outside a Woodstock, N.B., campground and forced to drive to Toronto.

"She said she went for personal reasons, which she has not disclosed to us," said Vautour.

Now the RCMP is pushing to charge the woman with public mischief.

**TORSTAR NEWS SERVICE**

## AIR QUALITY HEALTH INDEX (AQHI)



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**Hurricane Bill gains steam, nears Bermuda**

Hurricane Bill, the first hurricane of the 2009 Atlantic season, revved up quickly as it headed towards Bermuda yesterday. Bill is steering well clear of the U.S. Gulf energy fields on a path that will take it north of the Caribbean islands in the general direction of Bermuda. **REUTERS**

# World



## UN compound attacked

Suspected Islamist rebels attacked a UN World Food Programme compound in southern Somalia, witnesses said yesterday, but UN guards fought back and shot dead three of the assailants. One official said about 10 heavily armed men attacked them overnight in Wajid, 70 kilometres northwest of Baidoa. **REUTERS**

### Chinese plant stormed over lead poisoning

**DONGLING** Chinese protesters yesterday broke into a smelting works they blame for the lead poisoning of hundreds of children, smashing trucks and tearing down fences, state news agency Xinhua said.

More than 600 children living near the Dongling metal smelter, in northwest Shaanxi province, have dangerous amounts of the heavy metal in their blood and 154 are so sick they have been admitted to hospital, the report added.

Protests against pollution are increasingly common in China, although police normally try and nip them in the bud before they become violent. In other cases, officials show up and mollify residents with promises of financial or other aid.

Yesterday's protests began after news spread around villagers that the poisoning had sparked a suicide attempt by one 19-year-old student, who drank pesticide after her parents refused to pay for her to take a blood test, Xinhua said.

The government is only offering free tests to children under 14, and there has been no investigation into whether adults might be affected by lead from the smelter, the report added. **REUTERS**

### News in brief

**THAILAND** More than 20,000 supporters of former Thai premier Thaksin Shinawatra rallied in Bangkok yesterday, seeking a royal pardon for the fugitive billionaire. Officials from the United Front for Democracy against Dictatorship gave hundreds of boxes containing a petition bearing 3.5 million signatures to a representative of the king outside Bangkok's Grand Palace.

**HEALTH** Liberal Democrats warned U.S. President Barack Obama yesterday that a retreat on support for a government-run health insurance plan could endanger passage of major health-care reform in Congress this year. The White House signalled it was not wedded to Democratic plans for a public insurance option, which has spurred intense Republican opposition. **REUTERS**

## Militia leader backs Karzai in vote



A boy cleans teapots in front of election posters in Kabul yesterday. Afghanistan's presidential election will be held on Aug. 20.

ing supporters in Shiberghan, his home city. Dostum's backing could

deliver enough support to swing the election for Karzai in a single round,

despite grave fears expressed by the United States and the United Na-

### Militant threats

- The prospect of violence could hurt President Hamid Karzai's first-round chances. Taliban militants have vowed to disrupt the poll, which could hurt voter turnout, especially in the Pashtun south which has overwhelmingly supported Karzai in the past.

tions over Dostum's possible return to a position in government.

Polls have shown Karzai firmly in the lead with about 45 per cent of the vote, but not enough to win an outright majority and avoid a run-off against Abdullah. Karzai's former foreign minister, who has strong support in the north. **REUTERS**

## Bomb kills 20 in Russian region

### Deadly flood damages plant

- Ten people were killed yesterday and 62 were missing after a turbine room flooded at Russia's largest hydro-power station, forcing steel and aluminium plants in Siberia to turn to emergency power. RusHydro, owner of the Sayano-Shushenskaya plant, said the damage would run into "billions of roubles" and take several months to fix.

lamist insurgents, against authorities in Russia's poorest region.

The bomb exploded at the gates of the main police station in Nazran, Ingushetia's largest city, as officers lined up at the start of their day.

Smoke billowed from the remains of the station and firemen fought flames near

### Iranians protest paper's closure

**TEHRAN** Iranian police used batons to disperse dozens of opposition supporters chanting "death to the dictator" in central Tehran yesterday to protest against the closure of a reformist newspaper, a witness said.

The latest unrest after Iran's disputed June 12 vote took place near the offices of the Etemad-e Melli, the daily of leading pro-reform cleric Mehdi Karoubi.

Karoubi angered hardlin-

ers last week by saying some post-election protesters had been raped in jail. His party said yesterday the paper had been temporarily shut down, and the prosecutor's office later confirmed this.

The witness said he had seen police beat two young men who were in one of several groups of protesters moving around in the streets near the paper's office, chanting anti-government slogans. **REUTERS**

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# Comment & Views

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## Comment

## Big money owns big media

## National Report



Lawrence Martin

metronews.ca/nationalreport

**W**ow! What a dull convention. The New Democrats came together on the weekend in Halifax for their biggest party gathering in three years. Some bold moves were forecast going in. Nothing had happened going out. Bottom line — the Dippers are standing pat. There was much talk of broadening the party's reach through a name change or such initiatives as tax breaks for businesses. But in the end it was former leader Alexa McDonough who captured the mood. "The foundation of the party is rock solid," she said. There has to be

NDP Leader Jack Layton

change, "but what isn't going to change, is our basic values."

The party has made gains in recent elections. The Liberals, under new leadership, appear to be leaving them more room on the left side of the spectrum. Jack Layton is solid. Why take risks?

There wasn't enough momentum from the rank and file to say to

heck with third place, let's try and challenge the two major parties.

To do that, changing the name to simply The Democratic Party would have been a risk worth taking. In its current form the party still has a 1960s Woodstock air. Modernization of the image is a must.

These should be ideal times for a party like the NDP. There's a recession, an unpopular war, an environmental crisis with global warming.

They are all issues that play to

the left.

But besides having the image of an old party they are also saddled with the problem of a lack of media presence. The New Democrats have no big media to sell their message — to sing their song. There's a national newspaper of the right, the National Post.

There's one for the centre, the Globe and Mail. There's none for the left. In recent times the Canadian media has drifted to the right.

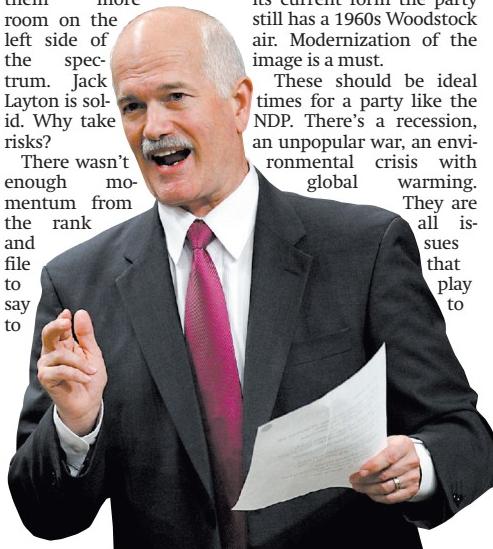
The NDP is largely ignored — even when the issues of the day run in their favour.

To change this they have to find a way of gaining ownership of media properties.

But lefties don't have deep pockets.

Big money runs big media — and that isn't going to change.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



## Views

## Education or invasion? Take your pick against extremism

## Global View



Mona Eltahawy

metronews.ca/globalview

What's a more potent antidote to extremism: invasions and guns or money for schools?

That was not a trick question and you don't get gold stars for the right answer. My students don't call me heartless for nothing.

Activists have long told us that getting an education was a great way out of poverty and a crucial ally to economic growth and development globally. So it was good to read last week that Canada plans to send Pakistan more aid with a special emphasis on bol-

stering the Pakistani education system.

About time.

For a stark and bloody reminder of where parents turn when public education fails their children, remember the siege at Lal Masjid standoff in 2007 — not in a remote part of Pakistan but in the capital, Islamabad.

Two radical brothers established a Taliban-style compound that taught its students the virtues of vigilantism and suicide bombings. More than 100 people, including women and children, died after a bloody standoff with government forces.

Schoolgirls who survived were sent back home — many to rural areas without schools for them — where they told reporters they missed their books and where they passed on

what they had learned to village children.

Parents wouldn't have sent their girls and boys to the Lal Masjid compound if there were schools nearby.

That gap has been filled by the now notorious "madrassas." In Arabic and Urdu that simply means school. Unlike secular schools, "madrassas" focus on religious education — teaching the children to memorize the Quran for example. That isn't the problem. Rather, it's who funds those "madrassas" and what besides recitation the children learn.

Not everyone who goes to a madrassa blows himself up but I am not naïve enough to think they're all about love and God either.

If poor governments don't invest enough in schools, you can be sure boys get priority when they

do. It's either harsh reality — boys can work and support family — or misogyny — in May, 90 Afghan girls were hospitalized with five slipping briefly into comas after the Taliban staged the third poison gas attack in as many weeks on girls' schools. Sometimes it's both.

In a 2004 report, the U.S.-based Council on Foreign Relations explained why girls' education was worth the investment: it delivers huge returns for economic growth, political participation, women's health, smaller and more sustainable families, and disease prevention.

Surely returns like that deserve gold stars?

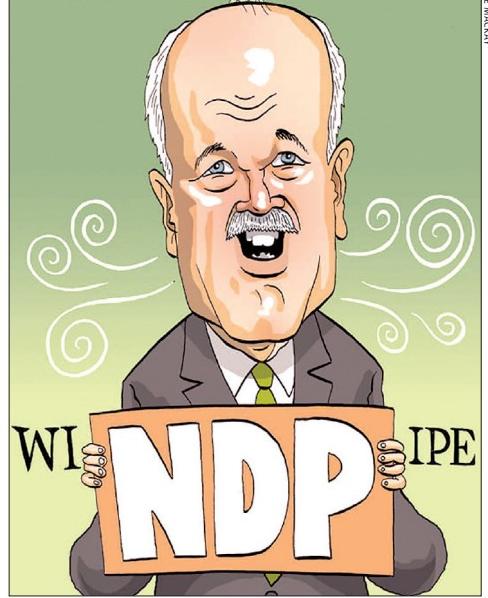
Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

Tell us your views by email to [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca) or comment on [metronews.ca](http://metronews.ca) or on Twitter @metrohalifax

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

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NAME CHANGE...



## Worth mentioning

## Widow auctions off a burial plot with a view

An American widow is selling her husband's burial spot directly above film legend Marilyn Monroe so that she can pay off her mortgage.

Elsie Poncher has put an advert on eBay to auction off the tomb in Westwood Village Memorial Park, Los Angeles.

"Here is a once in a lifetime and into eternity opportunity to spend your eternal days directly above Marilyn Monroe," says the advertisement.

"In fact the person occupying the address right now is looking face down on her."

The burial plot is currently occupied by the late Richard Poncher, described by his widow as an entrepreneur who bought two tombs from baseball player Joe DiMaggio, Monroe's ex-husband, as the pair were



Marilyn Monroe

divorcing in 1954.

Elsie Poncher said she would move her husband's remains over one spot if the sale was successful and she would be cremated instead when the time came.

Bidding for the plot opened at \$500,000 and had reached \$2.5 million by Sunday.

REUTERS

## Metro Online Poll Results

19%  
SAID  
YES

Has Ottawa been doing enough to help Canadians in trouble abroad?

81%  
SAID  
NO

Weigh in on today's question at [metronews.ca](http://metronews.ca)

**Worldwide stocks take a fall**

Global stocks and commodity prices tumbled yesterday after last week's poor U.S. consumer confidence data triggered doubts about the strength of a U.S. recovery. **REUTERS**

7

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Canadian dollar drops

Renewed market caution leads to loonie's dive

**The Canadian dollar fell to a one-month low versus the greenback yesterday tracking a slump in stocks and oil in a bout of renewed risk aversion.**

Doubts about the pace of global economic recovery prompted the market to seek safety in the U.S. dollar, and pushed the loonie to \$1.1126 to the U.S. dollar, or 89.88 US cents, its lowest since July 20.

"I think this is just going into the general concern that people have priced in

### Bonds boosted

Canadian bond prices rose sharply for a second straight session. The rise built on gains made on Friday after a drop in U.S. consumer confidence data persuaded investors to exit equities and seek the safety of government bonds.

too much of a recovery," said John Curran, senior vice-president at Canadian-Forex, a commercial foreign exchange dealing firm.

REUTERS

Oil slipped to its lowest level this month at below \$66 as investors became more cautious about the pace of global economic recovery and subsequent revival in energy demand.

Risk demand was stung as Chinese stocks extended losses and other stock markets followed suit, including the North American markets. Toronto's main stock market opened three per cent lower and mostly held those losses throughout the session.

### Cemex plans \$1B share offer by June

**CEMENT** The world's No. 3 cement maker, Cemex, said yesterday it must raise \$1 billion in equity by June as part of a \$15-billion US debt restructuring. Monterrey-based Cemex will face higher interest rates on its debt owed to banks and an additional \$100-million fee if it does not sell the shares by then.

Fears that it would fail to satisfy creditors have hurt Cemex since last year, when the global credit crisis made it harder for even the largest emerging-market companies to borrow in dollars.

REUTERS

### Lowe's Expansion plans cut



Home improvement retailer Lowe's Cos. posted a 19 per cent drop in quarterly profit yesterday as bad weather and the recession kept shoppers away, and it forecast current-quarter earnings below Wall Street estimates. Lowe's also trimmed its store expansion plans for North America, citing declining demand, and has decided to abandon several projects.

### Agrim extends offer deadline

**TAKEOVER** Canadian fertilizer maker Agrim Inc. extended its hostile offer for U.S. peer CF Industries Holdings Inc. to Sept. 22, disappointing CF shareholders who had been hoping Agrim would boost its bid.

CF had already launched its own hostile offer for rival Terra Industries.

REUTERS

### Business in brief

**BANKRUPTCY** Reader's Digest Association Inc., whose name-sake magazine has been a staple of dentists' offices for generations, said yesterday it planned to file for Chapter 11 bankruptcy for its U.S.

businesses as part of a prearranged plan with lenders to cut debt by 75 per cent. Operations in Canada, Latin America, Europe, Africa, Asia and Australia-New Zealand will not be affected.

REUTERS

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	U.S.A.....	2.9 ¢		Lebanon .....	9.9 ¢
	U.K.....	2.9 ¢		Trinidad.....	7.9 ¢
	Israel.....	2.9 ¢		Australia.....	2.9 ¢
	Bangladesh.....	3.9 ¢			
	Colombia.....	3.9 ¢			
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## Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



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## Your wine or mine?

**H**ere's my end-of-summer garden party nightmare; a brimming glass of the host's homemade wine and me attempting to keep the wince out of every sip. One thing about a recession though, it opens your mind to what you didn't think you would ever want to do or drink.

Early summer found me in the fruit scented quar-

AlisonOnMoney

**Alison Griffiths**[metronews.ca/alisononmoney](http://metronews.ca/alisononmoney)

ters of Just Wine in Milton, Ont. I had driven by the place for 10 years and never once been tempted.

But I love my wine and despite a reported glut of the good grape plus a global economic meltdown, wine prices haven't declined perceptibly.

So, I bravely ordered two kits, 30 bottles of the best Australian Chardonnay and 30 more of the Napa Valley Stag's Leap District Merlot, part of the Selection Estate series distributed by Wine Expert of B.C. Both claimed gold medals in some tasting or other and both were the most expensive of their kind available in the store. If you are going to do it yourself, buy the best.

Even so, the cost per bottle was under \$5 for the white and under \$7 for the red (that doesn't include optional labels, 10 cents each, or bottles, \$1.10. You can also supply your own.)

Six weeks later I spent a happy hour bottling the chardonnay and two weeks after that, the merlot. Tasting both during bottling surprised me. Drinkable!

However, getting the most out of your vintner experience demands the patience to wait a minimum of three months for the white and six for the merlot.

If all works out I estimate savings of at least \$2,500 a year.

Stay tuned for full tasting results!

## Clarification

- In my August 4 column about retail credit cards and Buy Now Pay Later purchases, the proximity of two paragraphs made it seem that The Brick charges accumulated interest if full payment is not made on the expiry of the interest and payment-free period. This is the case with some retailers but not The Brick. We apologize for any misunderstanding about The Brick's policies that may have occurred.



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**Did you know?**

Canadians are saving a mere 4.7 per cent of their take-home pay, according to a recent report from Statistics Canada for the first quarter of 2009. **NEWS CANADA**

# Student Cents

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

## Scholarly costs

Expect to spend about \$1,000 per year for books and school supplies. If you are entering a specialized course such as dentistry, medicine or architecture, expect a much higher cost. **NEWS CANADA**

## 'It's time to chart your own course'

Good planning can help build rosy financial future

JON TATTRIE  
for Metro Canada

**"You'll be amazed at how much money you're leaking. Stop the leaks."**  
Anna Conner

While universities may appear to be debt-making machines, financial advisers say good planning can have you graduating in the black.

Anna Conner of Sun Life Financial says it's possible if you follow three rules: Find yourself financially, stop the leaks, and save/invest. To be extra safe, protect that investment with life insurance.

"Start with a plan," she says. "You have a goal: To graduate with your degree. You have to figure out how you are going to do that from a monetary point of view."

Ideally, pay for university out of your savings, costing nothing in interest. If you don't have tens of thousands of spare dollars, you'll need a student loan.

Financially, "you have to know where you're starting from to be able to get where you're going," she says. "You have to open up your bank statement, your credit card statement."

It's tempting to

throw it in the drawer and just make the minimum payment, but that adds up. "Look at it this way: Every time you pay off a 16 per cent interest rate credit card debt, you've just made 16 per cent return on your money," Conner says.

Next, Conner recommends tracking all of your expenses for two months. "You'll be amazed at how much money you're leaking," she says. "Stop the leaks."

With your economic ship patched up, it's time to chart your course. For short-term savings to cover a down payment for a home or to pay down a debt, Conner likes TFSAs (tax-free savings accounts).

"You can do it in a short-term money market so that you have fluid cash and can draw your money out very quickly, or you can invest it for a longer range in things like mutual funds, GICs, etc.," she explains.



Experts suggest you put away 10 per cent of your earnings — even if you're a student.



If you can put the money away for longer, invest. "I'm a firm believer in getting your money into the markets at a young age," she says. People get scared by the bad bear runs, she says, but the bulls always win. "Over the last 50 years, we've had about a 10 per cent return," she says. "For young people, you've got the ability to allow the markets to do their thing."

Either way, 10 per cent of earnings — even as a

student — should be socked away.

Finally, consider buying life insurance to guarantee your future insurability.

"When you're young and healthy, it's extremely inexpensive to pick up a cheap-term insurance that will carry them through until they can afford the Cadillac," she says.

If you wait 10 years, developing diabetes or MS, or a range of other conditions, could make getting

life insurance next to impossible.

Hana, a blogger at York University's YUBlog, says the most important thing is to live thriftily. Live at home, take public transit, pack a lunch, throw house parties and buy second-hand, she urges.

"For most of us, being a student is synonymous to being short on cash for four years, but there are a few ways to make the pinch more bearable," she writes.

## Low-cost accounts

You have probably heard the expression "look after your nickels and dimes, and the dollars will take care of themselves." In order to collect those dollars, low-cost bank accounts can represent an interesting solution.

Low-cost bank accounts cost less than \$4 a month. They offer such features as a debit card, cheque-writing privileges, a number of free in-branch transactions, and a monthly statement or a bankbook.

As several banks have agreed to offer low-cost accounts, you should shop around for the kind of account that best suits your banking needs. For example, you may prefer to do your banking through a teller. Some banks may charge extra for some in-branch services (such as bill payments) on top of your regular monthly fee. Having this type of information can save you from any surprise fees on your bank statement at the end of the month.

To make sure you understand the terms and conditions of the account you choose, the Financial Consumer Agency of Canada recommends you find out:

- What the monthly fees are;
- What types of transactions are included, and how many;
- How much it will cost for transactions over and above your monthly limit;
- What extra fees may apply for specific services (such as bill payments).

NEWS CANADA



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Citadel Boxing Club members Tyson Cave and Aaron Kinch are scheduled to fight on Aug. 29 at the Halifax Forum. They were originally scheduled to meet last month but the bout was cancelled because of a death in Kinch's family. METRO HALIFAX

# Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA



## Herd centre sidelined

Gerrad Grant will be sidelined when the Halifax Mooseheads open training camp tomorrow. The 19-year-old centre had wrist surgery in the off-season and will likely miss another one or two weeks. He had 24 points in 64 games last season.

METRO HALIFAX

# Mooseheads shake up training camp

Team invites more players, plans more intra-squad games and drops ban on fights

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

**The Halifax Mooseheads are hoping a new-look training camp leads to a season of old-time hockey.**

The Mooseheads, who are trying to establish an identity as a physical, hard-working team, have cancelled practices in favour of more intra-squad games, lifted a ban on fighting, and, for the first time in years, invited more than 60 players.

The "anything goes" approach is all part of the plan for fourth-year head coach Cam Russell, who opens his first camp as general manager tomorrow at Cole Harbour Place.

"It's time to scrimmage and see what they can do," said Russell, who took over as general manager last January when Marcel Pateau was fired after nine seasons.

The Mooseheads finished last in the QMJHL in 2008-09 with their second-worst point total in the franchise's 15-year history.



**"We're putting them in game situations, so we'll get to see where we're at very quickly with these guys."** Cam Russell

With a young team returning, there could be as many as a dozen roster spots legitimately up for grabs.

The three-day camp will feature five-on-five hockey with regular-season rules, giving the Herd's brass a chance to see each player in as many as four full

games by week's end.

"It's very easy to be fooled by a practice player," Russell said. "We're putting them in game situations, so we'll get to see where we're at very quickly with these guys."

Russell told his top roster hopefuls at the start of the summer he wanted

them to report to camp in "mid-season form," and brought most of them together for fitness testing in July. In order to play Russell's desired style, fitness is a key.

"They've had ample time to get into top shape," he said. "For guys who aren't, it's going to be a very difficult camp."

The rebuilding Mooseheads enter camp without much firepower, a thin defence corps and unproven goaltending. It will be a challenge to put up a lot of wins, but Russell hopes his

team can win over Metro Centre fans either way.

"As long as they get an honest day's effort from the players, they're happy," Russell said.

"We're going to be young, so we want to be a hungry, tenacious hockey team."

Check out Matthew Wuest's coverage from camp online by following @metrcqfiles on Twitter or reading his Q Files blog at metronews.ca/qfiles

Herd close to deal with Gatineau to get three players for picks: Sources

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

The Halifax Mooseheads are close to completing a trade with the Gatineau Olympiques to bring in some toughness.

According to sources, the deal would see rugged 19-year-old defenceman/forward Spencer Metcalfe on his way to Halifax along with 18-year-old forward Jordan Costello and 19-year-old goaltender Anthony Kimlin. The Herd could surrender as many as two late-round draft picks in return.

The six-foot-one, 186-

pound Metcalfe had a goal, two assists and 50 penalty minutes in 25 games in 2008-09 and would be expected to skate a regular shift in Halifax this season.

Costello and Kimlin would need to win spots at camp.

Costello captained the Cornwall Thunder of the New Brunswick-P.E.I. major midget loop, recording 15 goals and 22 assists for 37 points in 30 games.

Kimlin would be one of 11 goalies coming to training camp. He played junior A in Ontario last season and had a 3.47 goals-against average in 32 starts.

## N.S. beats Alberta on court

**MATTHEW WUEST**  
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Nova Scotia's men's basketball team stunned Alberta 82-54 at the Canada Games in Summerside, P.E.I., yesterday.

Dartmouth's Rodell Wigginton, the younger brother of Halifax Rainmen alumus Derico Wigginton, dropped a team-high 16 points as Nova Scotia jumped out to a 48-24 halftime lead at Credit Union Place and didn't look back.

Point guard Marquis Clayton of Halifax had 16 points of his own in Nova Scotia's opener at the Games.

The women's team lost 62-51 in a tight game with Ontario.

In other action yesterday, Andrew L'Esperance of Whites Lake finished sixth in the cross-country mountain bike event in 1:42:12. He blew his tire in the race, patching it



Andrew L'Esperance of Whites Lake finished sixth in the cross-country mountain bike event at the Canada Games yesterday.

the first time and then walking his bike to the finish the second time.

Nova Scotian sailors are in medal contention after

the first round, including Halifax natives Tom Brosky in the men's laser (second) and Erin Rafuse in the women's (third).

Dry on a roll heading into tournament

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

Dartmouth Moosehead Dry is getting hot at just the right time.

The longtime Nova Scotia Senior Baseball League powerhouse has shaken off a quiet start and won five straight games heading into the Canadian senior baseball championship starting Thursday at Beazley Field and Mainland Common.

The streak included huge back-to-back victories over the rival Halifax Pelham Molson Canadians, propelling them into top spot in the final provincial standings.

"You always want to be on a roll heading into a tournament like this," Dry player-coach Darren Doucette said. "You always want to peak at the right time and we've always used the regular season as a two-month-long spring training."

Dartmouth received a reality check last season when it didn't advance to the provincial final. Instead of heading into nationals as provincial champions, the Dry are heading in just as host, which Doucette called "embarrassing" last summer.

"It was a bitter way to end last year," he said. "We're starting to play the way we're capable of now and it's good to see."

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## Sports in brief

**SOCCER** Ali Devereaux scored once to clinch the Golden Boot Award as top goal-scorer as Halifax Dunbrack dumped Halifax City 4-0 in the Nova Scotia Soccer League Premiership finale last night at Mainland Common. Devereaux scored 11

times in 14 games as Dunbrack went 13-0-1 and earned a direct bye to next Tuesday's provincial final. City faces Valley in the lone semifinal on Saturday.

**AWARDS** Halifax swimmer David Sharpe, who is compet-

ing at the Canada Games next week, has been named Sport Nova Scotia's male individual athlete of the month for July. The female honour went to Halifax swimmer Kristen Vandenberg.

METRO HALIFAX

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the 

# 12 sports

## Sports in brief

**TRACK** Olympic champion Shelly-Ann Fraser of Jamaica exploded from the blocks to win the world 100 metres title yesterday in 10.73 seconds, the joint third fastest women's run of all time.

**NBA** The Toronto Raptors have reportedly reached a deal to send forward Carlos Delfino to the Milwaukee Bucks in exchange for forward Amir Johnson yesterday. ESPN.com is reporting that the deal will also include guard Roko Ukić heading to Milwaukee with the Bucks sending guard Sonny Weems to the Raptors.

**BASEBALL** The Boston Red Sox released John Smoltz yesterday, formally ending his stint with the club. The Boston Herald reported the Red Sox were forced to release Smoltz after failing to trade the veteran pitcher.

METRO NEWS SERVICES

# Yang's win shows depth of golf talent

**PGA** Y.E. Yang's landmark victory at the PGA Championship, where he deprived Tiger Woods of a widely expected 15th major title, highlighted the modern game's remarkable strength in player depth.

The 37-year-old South Korean became the first Asian male to win one of golf's four grand slam events, and he did so after going into last week ranked a lowly 110th in the world.

Yang's stunning breakthrough at a blustery Hazeltine National on Sunday capped an unusual season for the majors with none of the game's big guns going on to triumph.

Argentina's Angel Cabrera clinched the Masters in

## Woods

- World No. 1 Tiger Woods ended his 2009 campaign without a single major victory for only the fourth time in his professional career.

April ranked 69th, Lucas Glover landed the U.S. Open at Bethpage Black when No. 71, while fellow American Stewart Cink (33rd) lifted the Claret Jug at last month's British Open.

It was the first time since official rankings were launched in 1986 that players outside the top 30 had won four consecutive major titles.

REUTERS



Ana Ivanovic of Serbia serves to Caroline Wozniacki of Denmark during a promo match in downtown Toronto to promote the Rogers Cup tennis tournament yesterday.

# Sharapova wins opener

**Maria Sharapova was an easy winner in first-round action last night at the Rogers Cup in Toronto.**

In the last match of the night, Russia's Sharapova defeated compatriot Nadia Petrova, the 10th-seed, 6-3, 6-4 on the hardcourts at Rexall Centre. It was the third time this season Sharapova has defeated Petrova.

Fourteenth-seeded Pole Agnieszka Radwanska erased Spaniard Carla Suarez Navarro 6-3, 6-3, while an upset came when

Italian veteran Francesca Schiavone doused 15th-seeded Frenchwoman Amelie Mauresmo 6-2, 3-6, 6-1. An additional upset came when Alona Bondarenko of the Ukraine downed 13th-seeded Marion Bartoli of France 6-4, 6-3.

Surging Aussie Samantha Stosur held off Canadian qualifier Heidi El Tabakh 7-6 (7-2), 7-6 (7-4), while Hungarian Agnes Szavay subdued Canadian wild card Valerie Tetreault 6-2, 6-4 and Aravane Rezai handled fellow Frenchwoman Alize

Cornet 6-4, 7-5 to set up a second-round against top-ranked Dinara Safina. Stosur will face French Open champ Svetlana Kuznetsova in her next outing.

Stephanie Dubois, of Laval, Que., lost to Italy's Roberta Vinci, 6-1, 6-2, leaving Aleksandra Wozniak of Blainville, Que., as the only Canadian in the tournament.

Wozniak will face Russia's Alisa Kleybanova today.

METRO NEWS SERVICES

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**By the numbers**

The Sambro Island Lighthouse is 62 feet tall. The original lens from the lighthouse is on display at the Maritime Museum of the Atlantic in Halifax. [WIKIPEDIA.ORG](#)

**Your Neighbourhood:**

# Spryfield/Sambro

## Festival gathers spirit

**RICHARD WOODBURY**  
for Metro Halifax



**There will be a lot of community pride present at this weekend's Sambro Sou' Wester Days.**

"I think it gathers up a lot of spirit within the community," says organizer Leslie Harnish.

The festival will run from Friday to Sunday, although the baseball tournament will kick off Thursday night. Some of the events include a commun-

**"(The lighthouse) is something we should be both proud of municipally, provincially and federally."**

Leslie Harnish

ity parade, a washer toss tournament and a walking tour of Sambro.

The highlights of this year's festival include a Friday night performance by the legendary Jimmy Flynn. Tickets are \$20 and are selling quite well, says Harnish. Tickets for the show can be purchased at Mishoo's Variety.

This year's festival will also celebrate the 251st anniversary of the founding of the Sambro Island Lighthouse. On Saturday from 10 a.m. to 4 p.m., there will be tours of the lighthouse. The cost will be \$20 per person, \$30 per couple and \$45 for a family of three to five people. The boat rides to and from the island are included in the cost.

"People are not normally allowed on the island," says Harnish, noting the lighthouse is run by the Coast Guard.

The lighthouse is also the oldest one in North America.

"That's something we should be both proud of municipally, provincially and federally," says Harnish.

On Saturday night, there'll be an adult dance. The 325 tickets available



TORSTAR NEWS SERVICE FILE PHOTO



GUTY IMAGE FILE PHOTO

Some of this weekend's Sou' Wester Days events include a Rubber Duck Race, left, and fireworks.

for it sold out in 45 minutes and there's a waiting list of close to 75 people, says Harnish.

"The big thing that that shows is we need a community centre," she says. "We don't have a venue in the community of Sambro to host family weddings or big parties. There's nothing down there that could hold 200 people for an event."

The dance is being held in a 60 foot by 70 foot com-

mercial tent, beside the Harrietsfield-Sambro Fire Department.

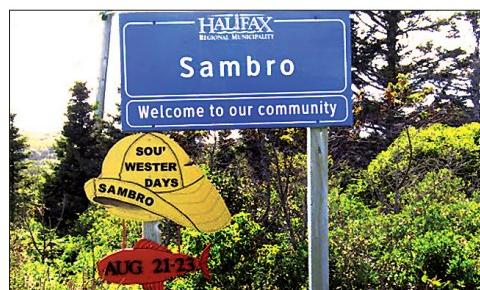
On Sunday afternoon, there will also be a 50/50 rubber duck race. Tickets for that event, which takes place on the Sambro Creek Road, in the Brook near the entrance to Pennant Point Park, are \$5.

The closing event will be a fireworks show at Crystal Crescent Beach at 10 p.m. on Sunday night with the Sambro Island Lighthouse

present in the background.

From the Armdale Roundabout, it takes about 25 minutes to get to Sambro. Just take the Herring Cove Road, which later turns into the Ketch Harbour Road, and follow it all the way to Sambro.

Or you can turn onto Dentith Road from Herring Cove Road at the South Centre Mall and take a left onto the Old Sambro Road. This will also take you to Sambro.



The Sambro Sou' Wester Days start Friday, and end on Sunday.

## Transit service riding into Sambro in two weeks

**RICHARD WOODBURY**  
for Metro Halifax



Transit service is finally coming to Sambro.

"I'm just dancing on the ceiling, which isn't a pretty sight, I got to tell ya," says area Coun. Steve Adams.

The service will be making 10 trips a day, Monday to Friday, starting Aug. 31. The route will start at the Ketch Harbour Fire Station at 5:30 a.m. and will make

stops on the Old Sambro Road and end up at the South Centre Mall before heading back to its starting point.

The service will happen at interval periods throughout the day and the last bus of the day will depart the Ketch Harbour Fire Station at 8:15 p.m.

The cost of the fare will be the same as what it costs to use transit in the city, \$2.25 per adult.

The expansion to Sambro is all a part of the

city's efforts to expand transit service, says Metro Transit spokesperson Lori Patterson.

"We're working to expand (beyond) the traditional urban core service," she says.

The pilot project was first approved by council back in April. Patterson says there's no given time frame on the project, but says most pilot projects happen for a year or two.

Adams says he's been hearing concerns from his

constituents since 2003 about wanting transit service to Sambro. He's not sure why it was then that people started talking about transit.

To launch the service, a "ton" of challenges had to be overcome, he says.

The initial costs were "exorbitantly high," so it didn't make sense, says Adams. The area has a small population and the housing density isn't very large, which makes the service costlier.

"But if the rest of the municipality kicks in, the costs are less," he says. Essentially, this means the rest of the municipality helps subsidize the service.

The priorities of the staff were not the same as that of the community and people also wanted the project done sooner, he says.

One of the initial concerns about the service was that the fare was going to be \$3 and people



The Sambro transit service will be making 10 trips a day.

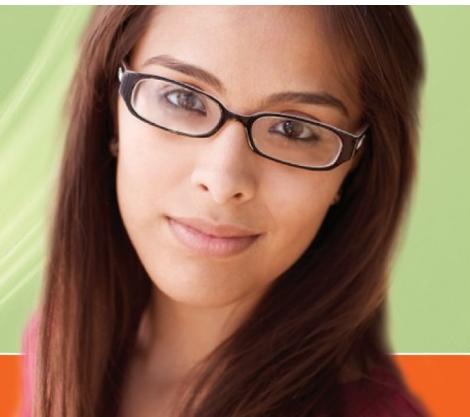
would have to pay for additional transfers on top of that.

"That was one of the issues we had dealt with," says Adams. "We fixed that one up."

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## 14 your neighbourhood: spryfield/sambro

Historical tidbit

Spryfield gets its name from Captain Lieutenant-General William Spry, who purchased land in the area in 1769. It was originally known as Spry's Field. [WIKIPEDIA.ORG](#)

# Preserving the lighthouse

JON TATTRIE  
for Metro Halifax



**Sambro's most famous icon has protected sailors from its rocky shore for two-and-a-half centuries, but a threat from land may yet sink the community's famous lighthouse.**

The trouble started when Maritime lighthouses were de-staffed in the early 1990s. Budget cuts at the Coast Guard then reduced the money spent on upkeep.

"We lost all the light keepers in the Maritimes and around the Great Lakes," says Barry MacDonald, president of the Nova Scotia Lighthouse Preservation Society.

"As soon as the light keeper left we saw ... lighthouses were not being looked after. Within a few short years, they were really showing signs of neglect," MacDonald adds.

The Nova Scotia Lighthouse Preservation Society was formed in 1993 when a group of amateur lighthouse enthusiasts visited Sambro Island Lighthouse



Sambro Island Lighthouse is the oldest standing and operating lighthouse in the Americas.

and decided something had to be done. They set up the non-profit society to protect all 150 lighthouses in Nova Scotia.

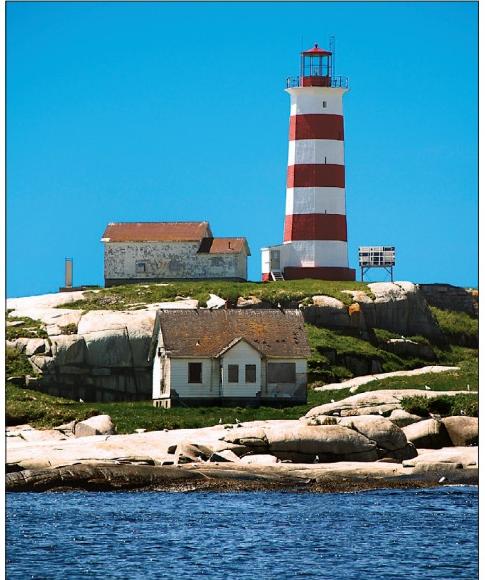
"No one on the committee had any experience lobbying for legislation like this ... (but) we saw the need to have legislation in place to protect them," MacDonald explains. They

sent letters to every senator and MP in Canada seeking support. They found it in Michael Forrestall, a senator in the Halifax area. He died in 2006, but the bill he started became law in May 2008.

The Heritage Lighthouse Preservation Act comes into effect in May 2010, and while MacDonald is wor-

ried more damage will be done before then, he's hopeful it will keep the lights on in Nova Scotia's famous beacons.

Sambro Lighthouse is the oldest standing and operating lighthouse in the Americas. Legislation to establish the lighthouse was passed at the first session of the Legislative Assembly



of Nova Scotia in 1758.

MacDonald says lighthouses like Sambro's are helpful to modern sailors. Despite technological advances, it still helps to know where the rocks are.

Beyond their practical uses, MacDonald notes they have huge tourism pull. Nova Scotia's "Lighthouse Route," which starts

at Sambro, wouldn't draw many visitors if it was just the "Route."

"They conjure up all kinds of romantic images with people — they just love lighthouses. They love to visit them, they love to photograph them, they love to write about them. They have a real romantic lure," he says.

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# LumberMart's personal touch

Fred O'Hearn grew up in Spryfield, looking across the road at what was Brookfield Bros. Supplies, the a-typical small town hardware store where you could find whatever you needed on short notice and when you walked in the door, chances are you knew who was behind the counter and they knew you.

When Brookfield Bros. Supplies first closed, Fred says he remembers thinking "oh, someone will reopen there." After two years passed and no one had reopened the store, he and his wife decided to take the plunge in the area.

That was 25 years ago this year.

O'Hearn opened LumberMart, and now has two locations—one in Dartmouth and one still in the Spryfield, at the same location at 751 Herring Cove Road. The community has changed, and so have many of the faces. But what hasn't changed is that when you walk into LumberMart, chances are the person behind the counter knows you and you know them. By next year, the store will look much different with a planned expansion, but O'Hearn says nothing will change about their customer service.

"Bill Chaffey is the manager of that location and he's been there for 23 of the 25 years," laughs O'Hearn. "The only one with more seniority is me. But, most of our staff have been with us for a long time."

The LumberMart is built on quality customer service says O'Hearn. "We have a 10 second rule. Someone will be over to help within 10 seconds of you entering our stores. If you want mediocre service you can go anywhere. What helps us stand out is our personal touch."

Now it's a family business. Fred and Lynn's son Jason, who lives in Dartmouth, runs the Dartmouth location at 15 Wright Ave., and Fred still lives in Spryfield/Herring Cove area where he works. And O'Hearn clearly loves his community.

He points to the growing business commission—a healthy 248 business leaders—as a great example of what's going right in the area. "We don't only promote the community as a great place to work, but also as a place to live and play." Even this year's float in the Sambro Days parade was a joint effort of Lumbermart, the Spryfield and district business commission, the urban farm museum and Spryfield historical society.

He says even five years ago, taking a drive down Herring Cove Road looked very different. "There were a lot of boarded up buildings. But now, you see a new Sobey's, Canadian Tire, and the South

Centre Mall has just been purchased. They all see it—this is the next hot area. It's very encouraging."

As a business commission, they've become focused and organized, building on what O'Hearn has seen all along—a fiercely loyal community of people who want to see their community grow and thrive, yet maintain its charming small-town feel, despite its proximity to the big city.

He points to the networking group organized by the commission as another example of what's going right. The group meets every second Wednesday at a local café to "chat, catch up and solve most of the world's problems," laughs O'Hearn. "And trust me, most of the world's problems have been solved there I think."

O'Hearn and his whole family are looking forward to the next 25 years in their Spryfield store and to watch the growing changes in their community—all for the good.



A graphic detailing what LumberMart will look like after the expansion.



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## 16 your neighbourhood: spryfield/sambro

**Did you know?**  
Spryfield's first public school opened in 1859. Its teacher, Elizabeth Sutherland, taught the town's early residents. [WIKIPEDIA.ORG](#)



Bayside Camp offers canoeing, swimming, archery, crafts, drama, field games and campfires. Campers eat and play together, and if they're so inclined, they can also pray together.

# Bayside Camp gets a makeover

Updated and expanded resort opened its doors at a new location in Sambro Head

JON TATTRIE  
for Metro Halifax



Sambro residents got several hundred new temporary residents this summer with the opening of the

### brand-new, multimillion-dollar Bayside Camp.

"We're a Christian camp in partnership with 39 Baptist in HRM, and yet the truth of the matter is that we have kids from all walks of life," says camp

director Ben Trites.

"We have lots of kids that come from other churches and almost half of our kids come from no churches at all."

"We really want to be a camp for (all) the young

people of the region," he says.

Bayside held its first summer camp in 1953, on a strip of land on the way to Peggy's Cove. The old site was well used, and it was starting to show. Bayside was looking for a new home when a "friend of the camp" made them an offer they couldn't refuse: 100 acres of free land on Third Pond in Sambro Head.

Bayside snapped up the anonymous donor's offer and began building the impressive new facility. The updated and expanded camp opened its doors in June and now operates year-round.

"Our primary focus is young people; however, when we get into our year-round program, we offer programming for all ages," explains Trites.

Fully developing the site will take a few more years, but it's well under way. The 13,000 square foot Rockwood Lodge has room for 200 campers,



The 13,000-square-foot Rockwood Lodge can house 200 campers.

**"We have kids from all walks of life ... We really want to be a camp for (all) the young people of the region."**

Ben Trites, Bayside Camp director

plus a kitchen, dining room, big multi-purpose rooms and a lounge overlooking the water. Spruce Groove Village, a cluster of nine winterized cabins, houses campers, guests and staff.

There's also a main field, campfire site and a waterfront with an "aqua

park," docks and canoes.

Trites says Bayside Camp offers a "traditional Christian camp experience" in the summer, with canoeing, swimming, archery, crafts, drama, field games and campfires. Campers eat together, play together and, if so inclined, pray together.

"We really wanted to create a space for kids in the summer and others during the rest of the year (where) whether you agree with our particular faith or not, that this is a safe place for you to come and have some fun experiences, create some memories and make some friends," says Trites.

Come next month, Bayside will move its focus to hosting retreats for adults, adventure camps for schools and day trips.

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**Did you know?**

The land now known as Spryfield was first occupied by the Mi'kmaq people, who hunted and fished at Beaver Lake (now called Long Lake). [WIKIPEDIA.ORG](#)

# 'If we lose the school, we lose Sambro'

**RICHARD WOODBURY**  
for Metro Halifax



**When Tracy Powell heard Sambro-Ketch Harbour School was up for closure, one thought ran through her mind: "It's not gonna happen."**

The community first learned in January that its elementary school was being considered for closure. Immediately, it started rallying.

Powell says when she found out, she immediately started doing research on the Internet and stayed up until 1 a.m. plotting strategy. Her husband was on the phone with land developers the next day.

"We started putting our thinking caps on and got moving rather quickly," she says.

The PTA and School Advisory Committee held

**"If something strikes a chord with the community, everybody rallies."**

Maxine Adams-Small

weekly meetings at Powell's place brainstorming about strategy and how to communicate with the community.

One of the things they ended up doing was a community survey. They went to all the homes that fell within the school's boundary and found out how many kids were in each home and how many were (or would be) attending the school, as well as if any kids were on the way.

Numbers provided by the school board's Imagine Our Schools program stated enrolment would decline at the school.



Residents prevented Sambro-Ketch Harbour School from closing completely, but the school may still lose its Grade 6 class.

"We actually proved their numbers wrong and actually proved growth in our community," says Powell.

And when you factor in the number of people who have moved into the community this summer, it pushes those numbers up further, says Maxine Adams-Small, another Sambro resident actively involved in the effort to save the school.

Although the school has been spared from a complete closure, it will find out in the fall whether it loses its Grade 6 class. (It's currently a primary to Grade 6 school.)

Adams-Small says Sambro is a quiet community. "But if something strikes a chord with the community, everybody rallies."

The school is at the heart of the community, she says.

"If we lose the school, we basically lose Sambro," she says.

"We lose our community."

Powell says the school is a hidden gem, listing its five-day-a-week lunch program as one of the things that makes it different from other schools.

"There's not a thing in that kitchen that doesn't follow the healthy living

policy," she says with noticeable pride in her voice. The program is staffed by volunteers and it costs the students less than \$2.50 a day for the lunches.

Powell previously sat on the school's disciplinary committee for three years, but said there were never any incidents that came before the committee.

"The kids respect each other," she says.

Minister of Canadian Heritage  
and Official Languages



Ministre du Patrimoine canadien  
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Our Government knows how important building strong communities is to our society. That is why we are proud to invest in festivals and historic commemorations, like Sambro Sou' Wester Days, that let Canadians get involved in their communities and have access to local arts and heritage. The 251st anniversary of the Sambro Island Lighthouse is an ideal opportunity to celebrate this structure and the special place it holds in the region's history.

On behalf of Prime Minister Stephen Harper and the Government of Canada, I congratulate everyone who has helped make Sambro Sou' Wester Days 2009 possible.

The Honorable James Moore

## Michèle Raymond

Member of the Legislative Assembly

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## 18 your neighbourhood: spryfield/sambro

All about Spryfield

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# Centre needed: Councillor

JON TATTRIE  
for Metro Halifax



**When the Dock and Dory marina and restaurant shut its doors, taking the Silver Seas Social Club with it, Sambro was stuck with no venue for big events.**

When it comes to weddings, community celebrations and even Christmas concerts, residents have to use neighbouring facilities.

Coun. Steve Adams says he's been working on getting a community centre in Sambro for a few years, but things keep falling apart. Now that the Sambro Loop bus route is coming into place, he's hoping to return his attention to the centre in the fall.

"Of course, it's going to cost a lot of money to build one and we need the province on board, but it's something we're looking at," he says. "There's definitely people willing to do this; we just need to put it all together."

The centre needs to be something in which the guys could play darts, have a beer, maybe some chicken wings, but allow also for community events, community meetings," he says.

In the meantime, people cram into the St. James church basement or head to the Harrietsfield



A Sambro community centre would be able to house community events as well as weddings.

**"There's definitely people willing to do this; we just need to put it all together."**

Coun. Steve Adams

Williamswood Community Centre.

"We make do," Adams says. "But, of course, people would like to have their own."

Adams wants to find out if residents, already absorbing the extra cost of the new bus loop, want to fork out more for a community centre.

Leslie Harnish thinks the appetite is there. She organizes the Sambro Sou-

Wester Days and the event's popular dance is stuck in a tent. Last year, the 250 tickets sold out in three days.

"We opted to rent a bigger tent," she says. "It gave us capacity for an additional 100 people. When we put our dance tickets up for sale (this year), they sold out in 45 minutes.

Everyone we talk to says we need a community centre."

Harnish says any event with more than 200 people has to leave town. Even the local school can't hold its own Christmas concert and has to go to Herring Cove.

"A lot of the families in Sambro, they've been there for several generations and they are big families," Harnish says.

"It'd be nothing to have a wedding with 300 people at it."

"Now, we have to take those receptions out of the community," she says.

That's bad for the people — and bad for business, Harnish adds.



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# Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

## Clean up your makeup

**BEAUTY** Ever thought about the bacteria that lives on your makeup?

Sure, you've shuddered at what camps out on beauty-counter samples, but your personal cosmetics hosts colonies of ickies too — they commute regularly between skin and makeup via applicators and fingers.

"Good cosmetics hygiene can help prevent build-up of common bacteria that can lead to skin irritation, pink eye and even acne," says pro artist Nancy Crossley. Crossley is the woman behind BeautySoClean, a collection of makeup sanitizers clinically proven to kill germs 100 per cent dead in as little as 10 seconds.

The star of the group is a Cosmetic Sanitizer Mist (\$12) to spritz directly onto the surface of makeup, whether powder or cream. It disinfects as it dries, but doesn't affect the product's texture.

Individually packaged, pre-moistened Sanitizer Wipes (\$12.50 per box of 48) are ideal for cleaning lipsticks, liners, lip-gloss wands and mascara brushes. A Conditioning Brush Cleanser (\$20) refreshes natural and synthetic bristles for more hygienic

makeup application.

"The magic is in the emollients," says Crossley. "Alcohol works in perfect harmony with conditioning ingredients to eliminate bacteria without altering the formula of the cosmetic."

A hit with a number of influential Hollywood makeup artists, BeautySoClean is also the sanitizer of choice at cosmetics counters in The Bay stores across Canada. The Canadian line is available for purchase at The Bay, Murale and at [BeautySoClean.com](http://BeautySoClean.com).

JANINE FALCON/  
FOR METRO CANADA

Keep cosmetics bacteria-free with the BeautySoClean line of sanitizers. Pictured: (Left to right) Cosmetic Sanitizer Wipes (also seen outside of package) (\$12.50); Conditioning Brush Cleanser (\$20) and Cosmetic Sanitizer Mist (\$12.50).



## iPhone dating apps next?

### The J Spot

#### Josey Vogels

In a stellar example of how technology is furthering civilization as we know it, iFart — an application that allows you to play a variety of realistic sounding “farts” on your iPhone or iPod has become one of Apple’s top 20 selling mobile applications. iBeer, an application that makes it look like you’re drinking a beer out of your phone is also in the top 20.

Now, in another civilization-advancing moment, Apple has released Passion, an iPhone application that

allows you to measure how good you are in bed. The software gives ratings from “bad” to “perfect” based on three criteria — duration, measured by the phone’s timer; orgasm, measured via microphone; and activity, measured via motion sensor. Afterwards, you can upload your score from one to 10 and see how you measure up.

I realize Passion is meant as a novelty (at \$5 a pop, I’m sure its creator Chris Alvaras is laughing all the way to the bank) that will undoubtedly spawn lots of fake-orgasm contests, possibly over too many rounds of iBeer, so I won’t get all serious about how this app perpetuates ideas about what good sex is — louder, longer, more acrobatic ... really? — or that good sex is all about “scoring” but sure-

ly Apple could come up with something more useful. Here are some iPhone apps I’d like to see:

**AMIREADY?** Allows you to punch in pros and cons for why you should or should not sleep with someone and cross references this with reasons you’ve regretted sleeping with someone in the past as well as “what if” scenarios if you do sleep with the person to come up with a “yes” or “no” answer.

**INTHEMOOD** Several apps let you customize your music but this one allows you to plug in the circumstances of your sexual encounter — first time, quickie, longie, etc. — and programs music accordingly, based on your taste.

**IDATECORRECT** Based on professional dating advice and your own dating histo-



Wouldn’t it be great if there were an iPhone app that allowed you to punch in the pros and cons for why you should or shouldn’t sleep with someone, referencing your past and “what if” scenarios?

ry, this app causes your phone to vibrate (you’ll want to keep it in a pocket so your date isn’t suspect) any time you screw up. Pre-rehearsed recoveries can

then be employed in an attempt to salvage the date.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects.

For more info, visit [joseyvogels.com](http://joseyvogels.com).

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# I heart whole grains

Reduce blood pressure with a healthy diet, say researchers

CELIA MILNE  
For Metro Canada

### To keep your blood pressure down, eat whole grains.

The health power of whole grains was clearly shown in a Harvard study of 31,684 male health professionals. They were between the ages of 40 and 75 at the beginning of the study, and researchers followed them for 18 years. At first, none of them had hypertension (high blood pressure), cancer, stroke or heart disease.

Study organizers wanted to find out whether eating whole grains had an impact on who did and who didn’t develop hypertension over the 18 years.

Hypertension is a big problem in our society — more than five million Canadians have hypertension, according to the Canadian Hypertension Society. It is the number one risk factor for stroke, and it is a major risk factor for heart disease. Hypertension is silent; 43 per cent of Canadians who have it don’t even know that they are affected.



A recent Harvard study showed those who ate a diet rich in whole grain had a 19 per cent reduction in hypertension.

In the study, 9,227 cases of hypertension developed among the men. Researchers then split the population into five groups according to how much whole grain they had eaten over the course of the study. Being in the highest group for whole grain was associated with a 19 per cent reduction in hypertension, compared to the lowest whole-grain-consuming group. "Whole grains as a part of a prudent, balanced diet may help promote cardiovascular health," Dr. Alan Flint, a research scientist at Harvard School of Public Health in Boston, told Metro. He is project director of the Health Professionals Follow-up Study.

Flint and colleagues also looked at bran intake,

and the effect it had on hypertension. Being in the highest total-bran-eating group was associated with a 15 per cent lower risk of developing high blood pressure over the years.

Foods that are quite high in whole grains include oats, oatmeal, barley, brown rice, popcorn, and whole wheat flour. A one-cup bowl of cooked oatmeal might typically contain about 30 to 35 grams of whole grain. A cup of popcorn contains about 10 to 12 grams, and a slice of whole-wheat bread contains about 15 grams, so it is easy to add a healthy amount of whole grains to your diet.

Eating 55 grams of whole grains a day would put you firmly in the highest group and reduce your risk of developing hypertension. Other

lifestyle factors that reduce your risk of high blood pressure include being physically active, not smoking, relaxing every day, limiting alcohol, and eating a balanced diet low in sodium.



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**IN THEATRES EVERYWHERE AUGUST 21**



Fake smoke too much for Mark

Mark Wahlberg was rushed to hospital on Friday after inhaling fake smoke. He was taken to Massachusetts General Hospital after breathing in too much of the substance on the set of his new movie *The Fighter*. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)

## Celebrity Buzz

### Rob and Kristen get cozy in Vancouver

**FINALLY** The cast and crew of *Eclipse* took over Vancouver sushi restaurant Miku over the weekend to celebrate filming of the third *Twilight* installment — and all eyes were on co-stars Robert Pattinson and Kristen Stewart, usmagazine.com reports.

The two were very close during dinner, taking smoke breaks together and even leaving together. On Saturday, they snuggled at a Kings of Leon concert — when they

weren't laughing and smoking cigarettes.

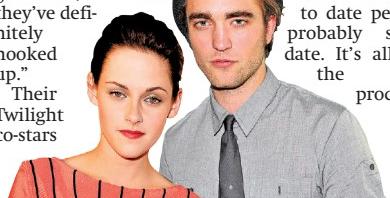
"They've decided to be more public about going out now," an insider told Us Weekly. "They're not boyfriend and girlfriend, but they've definitely hooked up."

Their *Twilight* co-stars

are supportive.

"If they want to date each other, fine!" Billy Burke, who plays Stewart's dad, told Us. "Look, when you're that age, you're going to make mistakes. You're going to date people you probably shouldn't date. It's all part of the growing process."

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### Vanessa can't wait to go R-rated

**GROWING UP** Vanessa Hudgens is keen to shed her Disney star image, so she can land adult roles in "R-rated films," femalefirst.co.uk reports.

The actress found fame in the teen-favourite *High School Musical* series, but her image has been tarnished by a series of nude photo-leaks.

Hudgens

hints the scandals won't damage her long-term career plans, because she's ready to move on from being a child star. The 20-year-old told Star magazine: "The fact that kids look up to me is extremely flattering."

"But at the end of the day, I want to do R-rated films that are a little edgier."

METRO NEWS SERVICES



The actress is currently embroiled in a second nude-picture scandal and was left red-faced last weekend when comedian Dane Cook told her to leave her clothes on at the Teen Choice Awards.

Cook, who was presenting an award, searched for Hudgens in the audience before saying: "Vanessa Hudgens! Girl, you got to keep your clothes on!"

### Ashlee and Perez tweet it out

**ONLINE DUST-UP** Ashlee Simpson has lashed out at celebrity gossip blogger Perez Hilton via Twitter, popeater.com reports.

Hilton ran a story about the singer and her husband, Fall Out Boy bassist Pete Wentz, claiming that Simpson's drunken partying caused a loud spat between the two at an anniversary celebration for Wentz's bar, Angels & Kings.

Hilton reports that Wentz was enjoying his party when Simpson "came up completely wasted and yells at him to leave. They fought, she told him he was horrible

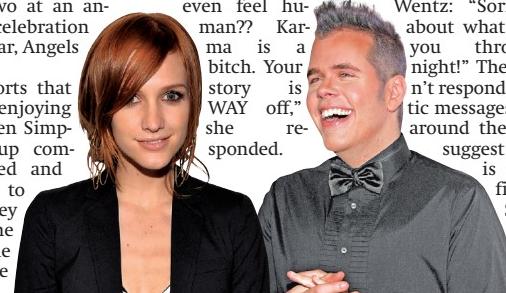
in front of a whole group of people and made him leave his own party early. So they make a scene and leave the bar."

Now Simpson has used Twitter to scold Hilton for his damaging gossip. "When all you do is make up untrue stories — look in the mirror. Do you even feel human?" Karma is a bitch. Your story is WAY off," she responded.

Naturally, Hilton responded right away, tweeting: "There are a lot of good rehab facilities in Malibu!" He added, "I don't wanna name names and get people fired but several of the people I spoke with work at Angels & Kings. I'm not wrong."

He also tweeted to Wentz: "Sorry to hear about what Ashlee put you through last night!" The rocker didn't respond, but romantic messages to his wife around the same time suggest that Wentz is feeling just fine about Simpson.

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### Amy wants me back: Blake

**HIS TAKE** Divorce or no divorce, Blake Fielder-Civil says his estranged wife Amy Winehouse is apparently dying to rekindle their relationship, he tells the News of the World.

"We've been talking for the first time in months," he said. "I love her as much as ever. I know she still loves me, even

though we're getting divorced."

Fielder-Civil even insists they could give marriage another go. "I want to take her out for dinner and propose again. I hope that within five minutes we'll be planning where we're next going to get married."

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### Simpson camp wants Jess to join American Idol

**CAREER MOVE** While gossip fans have been keeping track of her recent split from Tony Romo and her growing and shrinking waistline, Jessica Simpson's father and manager, Joe Simpson, has been eyeing a new gig for his daughter.

Sources tell Page Six that Joe has been aggressively lobbying the producers of *American Idol* to hire Jessica as the permanent replacement for Paula Abdul. There's been no word on what they think of the idea.



### Eva jumps into resto expansion

**ENTREPRENEUR** Eva Longoria Parker is poised to take off, people.com reports. The actress is opening the Las Vegas location of her restaurant Beso on New Year's Eve 2010 and has plans for airport locations.

She says the venue is still under construction,

but the design and menu — including flatbread, tortilla soup and guacamole — will be similar to Hollywood's Beso.

She said she'll launch "Besitos, which are little besos," in airports, with limited menus.

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### Fat double-standard, Kirstie says

**SHE'S MAD** Kirstie Alley is fuming about a tabloid report that suggests she's so overweight she has just four years to live, femalefirst.co.uk reports.

The National Enquirer alleged the 58-year-old's binge eating and yo-yo dieting had "shaved years off her life span."

The report includes a quote from a doctor who claims she "may only live

to 62." The article has infuriated Alley, who took to the Internet to ask why overweight male stars aren't subjected to the same press intrusion.

Alley tweeted: "I wonder if Kevin James, John Goodman, Alec Baldwin, James Gandolfini, K-Fed, Bill Shatner, etc are dying in four years or only FAT actresses."

METRO NEWS  
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### I'll pose nude... for a price: Levi

**MONEY-MAKER** Levi Johnston, who fathered a child with Sarah Palin's teenage daughter, says he would be willing to pose nude — for the right price.

"It depends on the money, man," Johnston said in an interview with Bravo's Andy Cohen. "It's got to be right for that."

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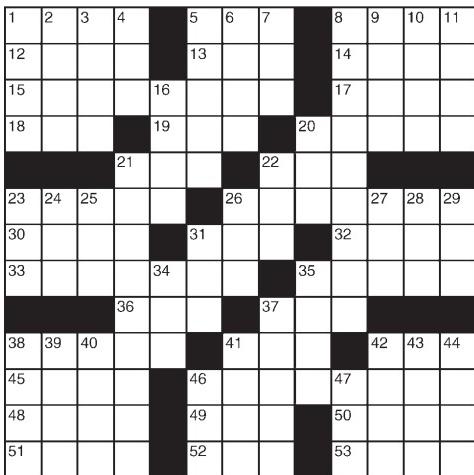
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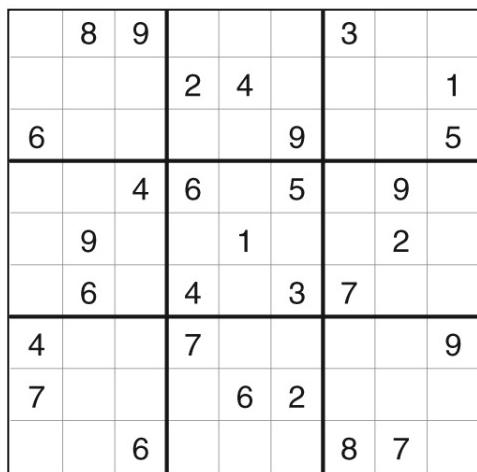
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**Sudoku**

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**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**Horoscopes by Sally Brompton** [sallybrompton.com](http://sallybrompton.com)**ARIES****MARCH 21-APRIL 20**

You may feel hard done by when things don't work out as you expected, but don't lose heart — overall, you're travelling in the right direction.

**LIBRA****SEPT 23-OCT 23**

No matter what losses you may have suffered of late, they took place for a reason. Your task now is to find out what that reason is and to learn from it.

**TAURUS****APRIL 21-MAY 21**

One very small problem is giving you a very big headache at the moment. Take that as a cosmic hint to focus on the things that really matter.

**SCORPIO****OCT 24-NOV 22**

The planets warn if you carry on at your present pace you risk doing yourself serious damage. There is no point running yourself into the ground.

**GEMINI****MAY 22-JUNE 21**

The cosmic setup urges you to make a serious attempt to change certain aspects of your lifestyle. It likely won't be as difficult or painful as you think.

**SAGITTARIUS****NOV 23-DEC 21**

The sun in Leo is a great omen for those born under the sign of the Archer and you're certainly having a good time. But get serious about your work.

**CANCER****JUNE 22-JULY 22**

Someone you trusted may have let you down but you must not entertain thoughts of revenge. The worst possible thing you can do now is to start a feud.

**CAPRICORN****DEC 22-JAN 20**

What you thought was bad news yesterday may well turn out to be good news today. Once again you seem to have assumed the worst.

**LEO****JULY 23-AUG 23**

The sun in your sign makes you wonderfully confident and if you feel you've missed out in some way you'll make up for it over the next 24 hours.

**AQUARIUS****JAN 21-FEB 18**

Sometimes you wonder why you put up with certain people and you'll feel that way today. But don't be too eager to bring a relationship to an end.

**VIRGO****AUG 24-SEPT 22**

Something you thought was finished will return to annoy you and likely it's your fault. The matter won't rest until you deliver what's expected of you.

**PISCES****FEB 19-MARCH 20**

What happens today will remind you that love cannot be bought or sold at any price. You are wealthy beyond measure in what really matters.

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**WORDY GURDY®**

1. Anaheim NHLers' hockey disks (1)
2. Actress Crawford was stellar (1)
3. Poetically, below molars (1)
4. Egyptian capital novice (2)
5. Elm Street Freddy's German pistols (2)
6. Small-minded actress Mia (2)
7. NBA great Magic's TV dinners (2)

BY TRICKY RICKY KANE  
Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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1. DRUGGISTS LUGGIES 2. JOLAN SHONE 3. NEATHY TEEETH 4. CAVIAR TUNA  
ANSWERS  
1. DRUGGISTS LUGGIES 2. JOLAN SHONE 3. NEATHY TEEETH 4. CAVIAR TUNA  
9-18-09

**entertainment 23****Take Five****Metro Recipe of the Day****Chicken and Rice Dinner****INGREDIENTS:**

1 broiler/fryer chicken, cut up  
1/4 to 1/3 cup (50 to 75 ml) all-purpose flour  
2 tbsp (25 ml) vegetable oil  
2-1/3 cups (575 ml) water  
1-1/2 cups (375 ml) Uncooked long grain rice  
1 cup (250 ml) milk  
1 tsp (5 ml) salt  
1 tsp (5 ml) poultry seasoning

1/2 tsp (2 ml) pepper  
Chopped fresh parsley

**METHOD:**

1. Dredge chicken pieces in flour. In a large skillet, brown chicken on all sides in oil over medium heat.

2. In a large bowl, combine the next six ingredients. Pour into a greased 13-in. x 9-in. x 2-in. (33 cm x 23 cm x 5 cm) baking dish. Top with chicken.

3. Cover lightly with foil and bake at 350 F (180 C) for 55 minutes or until rice and chicken are tender. Sprinkle with parsley before serving.

**SERVES 6****rd.ca**

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



For Sally's expanded daily and weekend horoscopes, visit metronews.ca

**This day in history**

AUG. 18, 1903: German engineer Karl Jatho allegedly flies his self-made, motored gliding airplane four months before the first flight of the Wright Brothers.  
 AUG. 18, 1941: Adolf Hitler orders a temporary halt to Nazi Germany's systematic euthanasia of the mentally ill and the handicapped due to protests.  
 AUG. 18, 1958: Vladimir Nabokov's controversial novel Lolita is published in North America.  
 AUG. 18, 1977: Steve Biko is arrested at a police roadblock in King William's Town, South Africa. He would later die of the injuries sustained during this arrest, thus bringing attention to South Africa's apartheid policies.

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